

Topic: Teamwork

Breathe

[A Meaningful Mindfulness Routine for Beginners](#): Watch for tips for adding mindfulness throughout your day.



Learn

Teamwork

Reflect: How is conflict resolution portrayed on TV and in movies? How effective are the strategies used by these characters? Do you think what you or others see on TV or the movies impacts how people respond to conflict? How so?

Watch the video below and reflect: How can being part of a team help overcome challenges?



Move



Use [this warm up](#) that is less than 5 minutes to move your body or get your ready before any exercise!

And check out other [free YMCA work out videos](#)!

Grow

Reflect: About a time when you were part of a group/team (club, sport, family) and things worked really well, and a time when things didn't work out so well.

In your journal:

What were the situations and what made the differences? What skills do you have that contribute to working successfully in a group?

Being a good friend is being a part of a team. How might you help a friend without being able to be physically near them today? How would you help a friend that is nervous about Covid-19?